

# Health Assessment and Evaluation

Data and Reports

## Youth Mental Health

in Clark County, 2016

Updated March 2018



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PUBLIC HEALTH

**Health Assessment and Evaluation Team**

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# Data and Reports

## Youth Mental Health

### Acknowledgements

This report was prepared by Clark County Public Health's Health Assessment and Evaluation team .

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### Data Sources and Technical Notes

Data Source: Washington State Healthy Youth Survey, 2004-2016

### Additional Information

[WA State Healthy Youth Survey](#)  
[National Institute of Mental Health](#)  
[Anxiety and Depression Association of America](#)  
[Mayo Clinic](#)  
[U.S. Dept. of Health & Human Services](#)  
[Centers for Disease Control and Prevention](#)  
[National Alliance on Mental Illness](#)  
[American Psychiatric Association](#)

### For Other Formats

Contact the Clark County ADA Office

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# Youth Mental Health

## Generalized Anxiety Disorder (GAD)

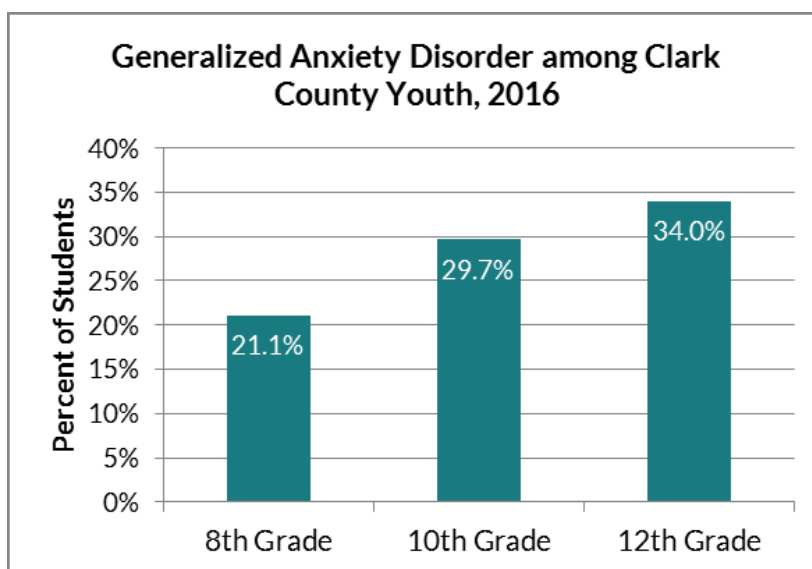
### Generalized Anxiety Disorder (GAD)

There are many different types of anxiety. Generalized Anxiety Disorder (GAD) is characterized by persistent and excessive worry or feeling nervous or anxious on more days than not. Although occasional anxiety is a normal part of life, children and teens with GAD often worry excessively about their performance in school or sports, natural disasters, or other catastrophes.<sup>1</sup> Among adolescents aged 13-18 in the United States, it is estimated that 32% have some type of anxiety disorder.<sup>2</sup>

In Clark County, about 30% of 10th graders could be diagnosed with an anxiety disorder, based on their answers to the questions below (see Table 1).

### What We Can Do

If you suspect your child has an anxiety disorder, talk with their health care provider. GAD is treatable with therapy or medication, however it is estimated that about 80% of youth in the United States with a diagnosable anxiety disorder are not getting treatment.<sup>3</sup>



**Table 1. Generalized Anxiety Disorder Test**

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge?	0	1	2	3
Not being able to stop or control worrying?	0	1	2	3
Total score	Total score or 3 or higher = probable anxiety disorder			
Note: These questions were asked on the 2014 and 2016 Washington State <a href="#">Healthy Youth Survey</a>				
Source: <a href="#">Generalized Anxiety Disorder Screener</a>				

<sup>1</sup>[National Institute of Mental Health](#)

<sup>2</sup>[National Institute of Mental Health](#)

<sup>3</sup>[Anxiety and Depression Association of America](#)



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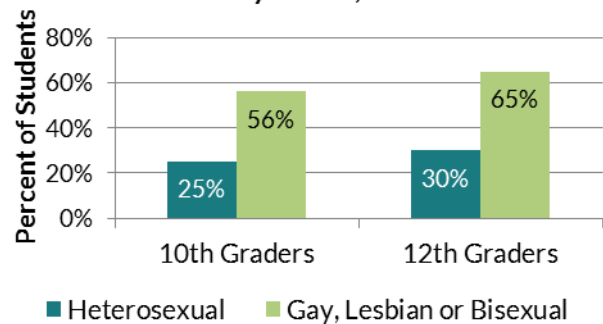
# Youth Mental Health

## Generalized Anxiety Disorder (GAD) - Disparities

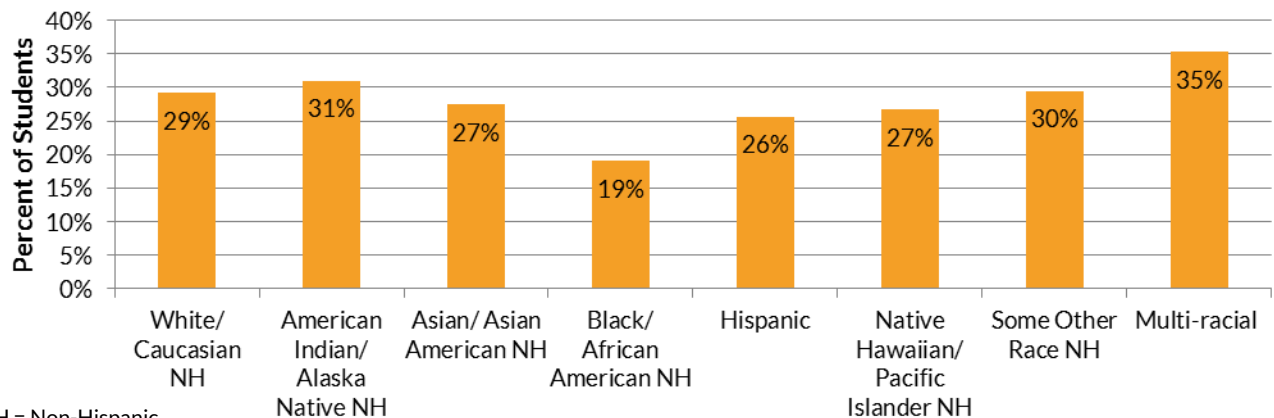
### Status:

- Anxiety disorders are more common in gay, lesbian, and bisexual youth.
- Among Clark County 10th graders, multi-racial students have the highest prevalence of anxiety.
- Girls are more likely to have an anxiety disorder than boys at every grade level.

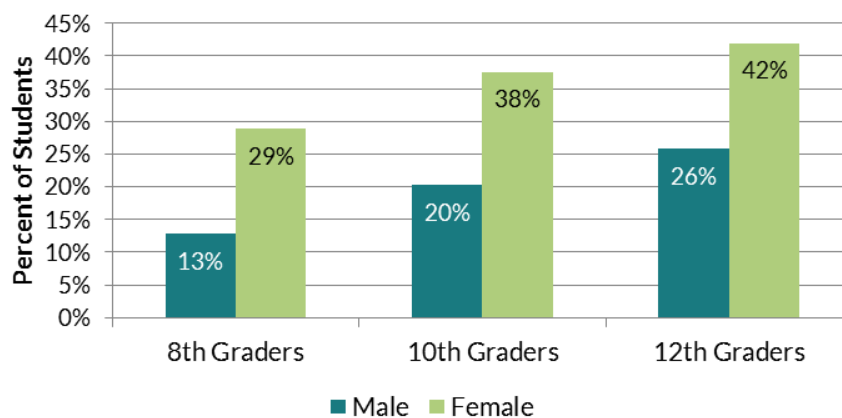
Generalized Anxiety Disorder by Sexual Orientation among Clark County Youth, 2016



Generalized Anxiety Disorder by Race/Ethnicity among Clark County 10th Graders, 2014-16



Generalized Anxiety Disorder by Gender among Clark County Youth, 2016

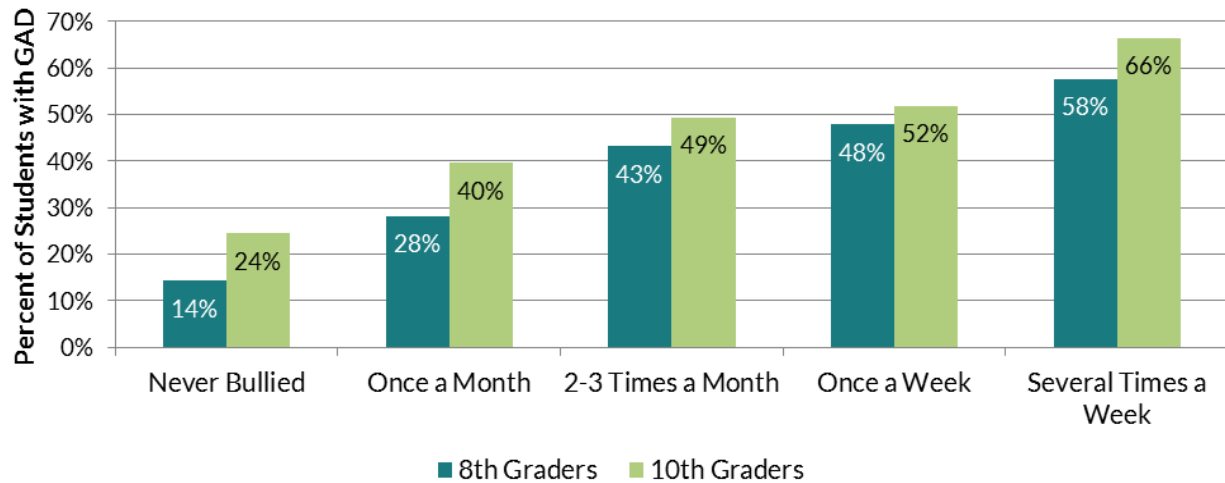


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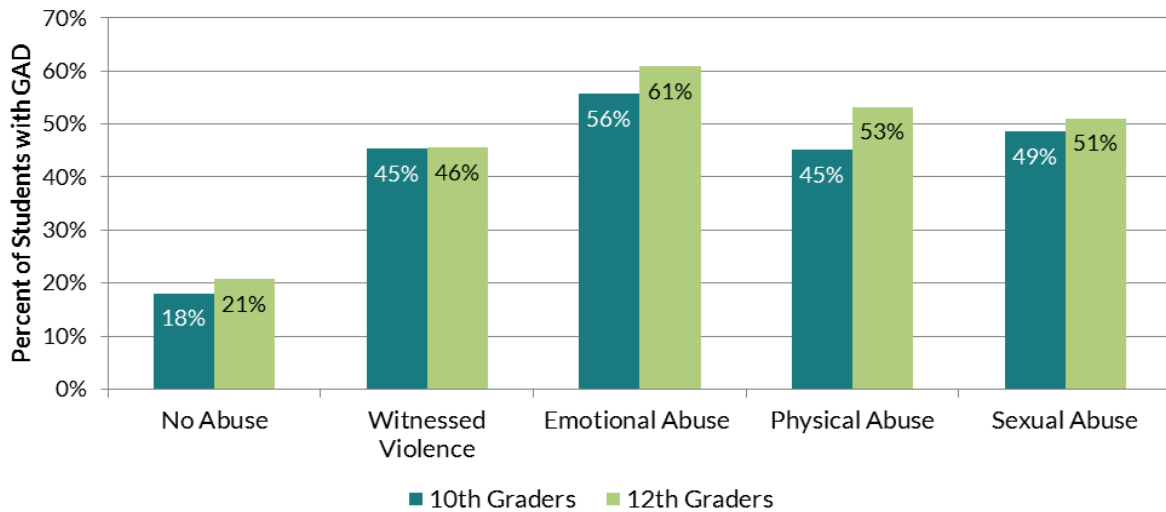
# Youth Mental Health

## Generalized Anxiety Disorder (GAD) - Bullying and Abuse

Generalized Anxiety Disorder (GAD) among Clark County Youth Who Experience Bullying, 2016



Generalized Anxiety Disorder (GAD) among Clark County Youth Who Have Experienced Abuse, 2016



### Status:

- The more frequently youth experience bullying, the more likely they are to suffer from an anxiety disorder.
- Youth who have experienced violence or abuse are more likely to suffer from an anxiety disorder than youth who have not experienced violence or abuse.



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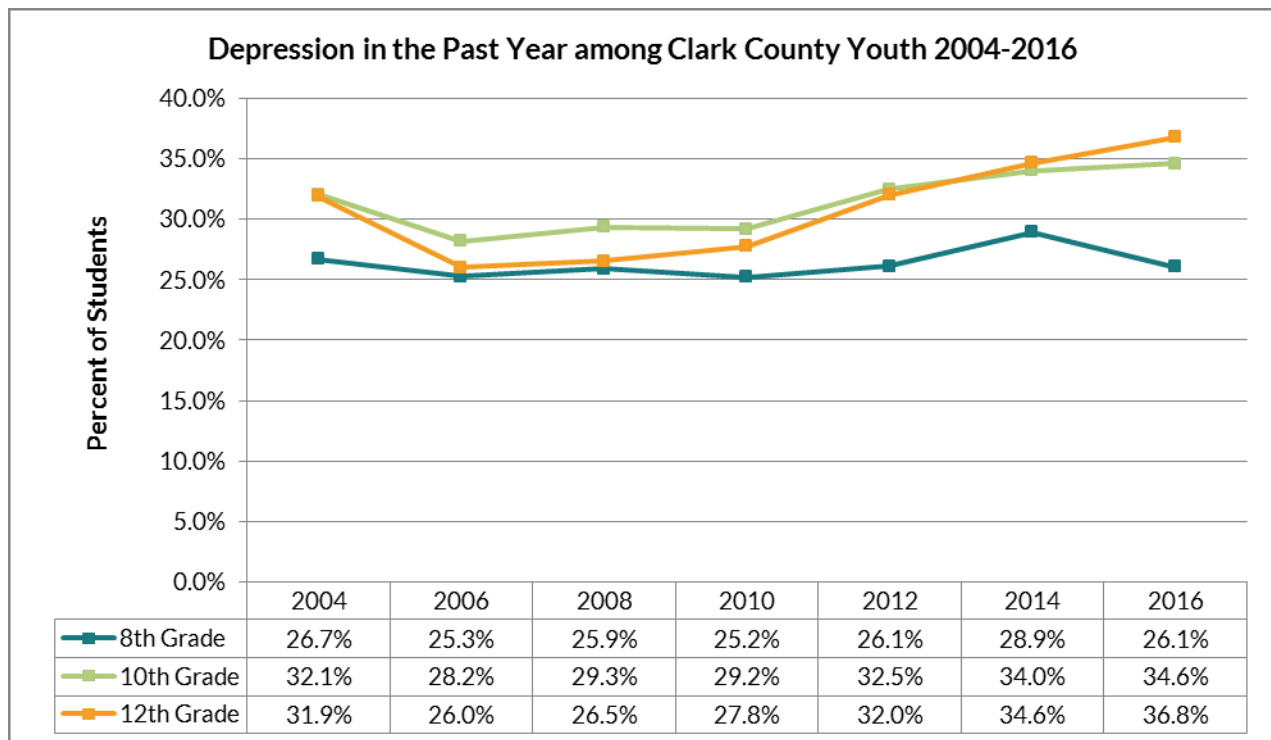
# Youth Mental Health

## Depression

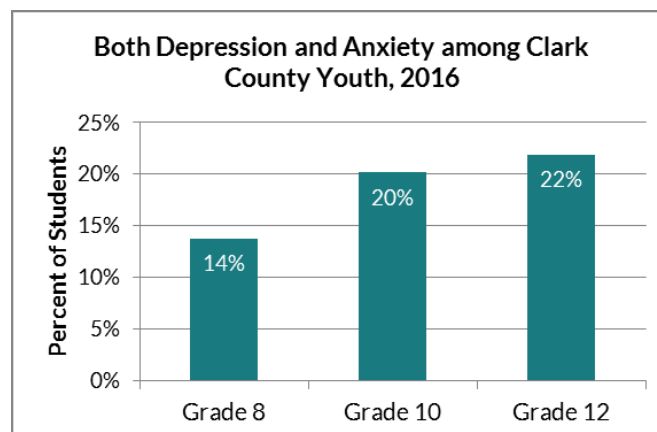
### Teen Depression

Everyone feels sad once in a while, but depression is a mood disorder that causes a persistent feeling of sadness or hopelessness and loss of interest in usual activities.<sup>1</sup> Nationally, around 30% of high school students report feeling persistent sadness.<sup>2</sup> Risk factors for depression include, a family history of depression, major life changes, trauma or stress, or certain physical illnesses and medications.<sup>3</sup>

In Clark County, depression has been increasing in older teens. In 2016, about 35% of 10th graders and 37% of 12th graders reported feeling so sad or hopeless for two weeks or more that they stopped doing some of their usual activities.



Often depression and anxiety disorders can occur together. In Clark County, around 20% of teens experience symptoms of both depression and anxiety.



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<sup>1</sup>[Mayo Clinic](#)

<sup>2</sup>[U.S. Dept. of Health & Human Services](#)

<sup>3</sup>[National Institute of Mental Health](#)

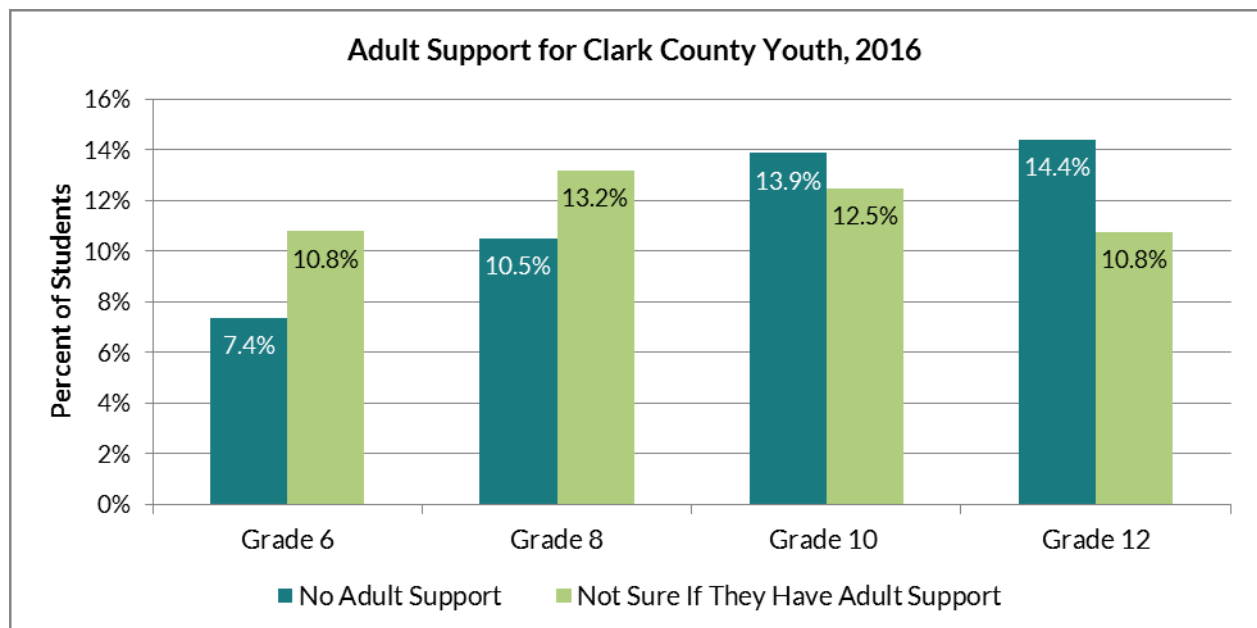
# Youth Mental Health

## Depression—Adult Support

### What We Can Do

It is important for adults to know the signs of depression in adolescents. In addition to persistent sadness, other signs of depression in teens include easily feeling angry or frustrated (even at minor things), trouble concentrating, fatigue, restlessness, appetite or sleeping changes, feelings of worthlessness, or having thoughts of suicide.<sup>1</sup>

In Clark County, 14% of 10th and 12th graders reported that they do not feel they have adults they can turn to for help if they feel sad. Additionally, 11-13% of Clark County youth are not sure if they have adults they could turn to for help.



### Treatment

Depression is usually treated with medications, therapy or a combination of the two. Exercise, spending quality time with others, eating a healthy diet, spending time outside in nature, and meditation may also help reduce symptoms of depression.<sup>1</sup>

If untreated, depression can have devastating outcomes on adolescents, including problems at school, at home and with friends, increased risk for substance use, involvement with the juvenile justice system and suicide.<sup>2</sup>



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<sup>1</sup>[National Institute of Mental Health](#)

<sup>2</sup>[National Alliance on Mental Illness. Family Guide on Adolescent Depression](#)

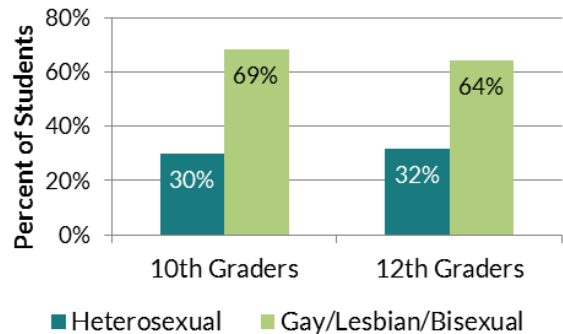
# Youth Mental Health

## Depression—Disparities

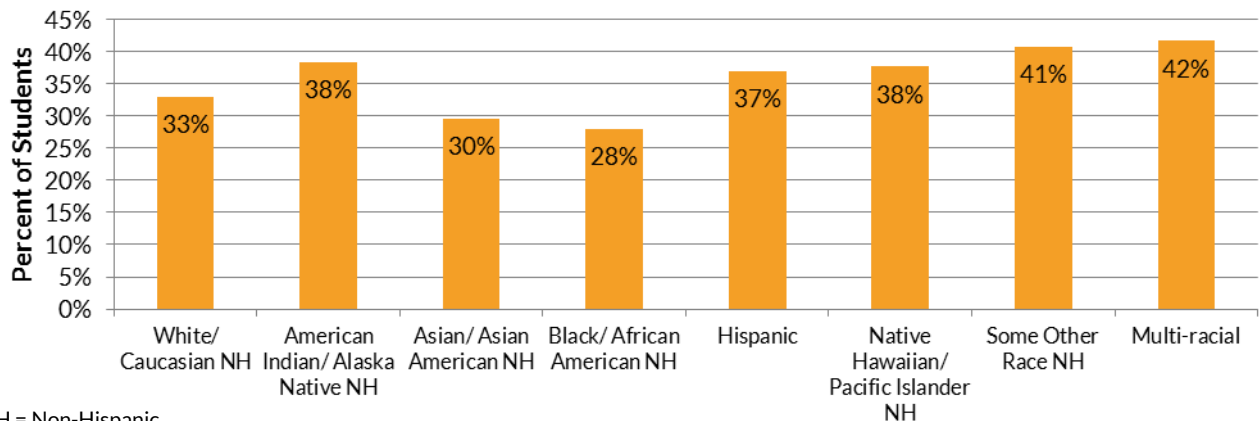
### Status:

- Depression is significantly more common in gay, lesbian, and bisexual youth.
- Among Clark County 10th graders, multi-racial students and students of other races have the highest prevalence of depression.
- Girls are more likely to have depression than boys at every grade level. However, the prevalence of depression in boys increases with age.

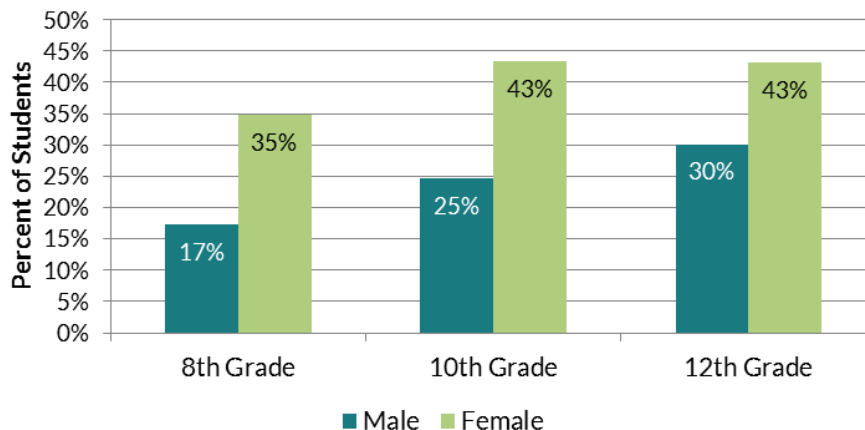
Depression in the Past Year by Sexual Orientation among Clark County Youth, 2016



Depression in the Past Year by Race/Ethnicity among Clark County 10th Graders, 2014-16



Depression in the Past Year by Gender among Clark County Youth, 2016



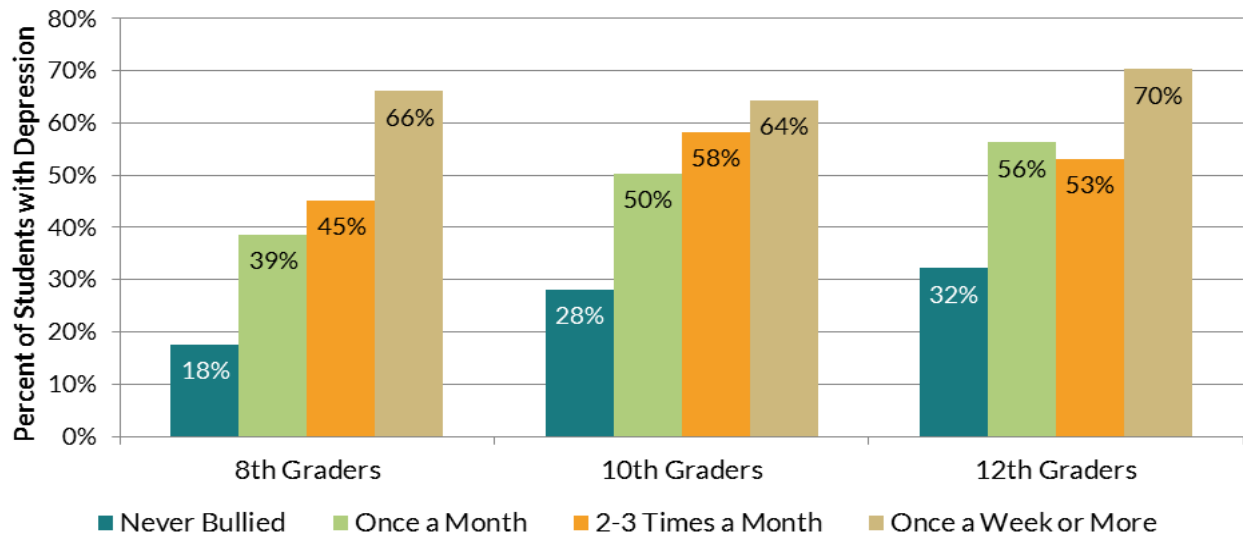
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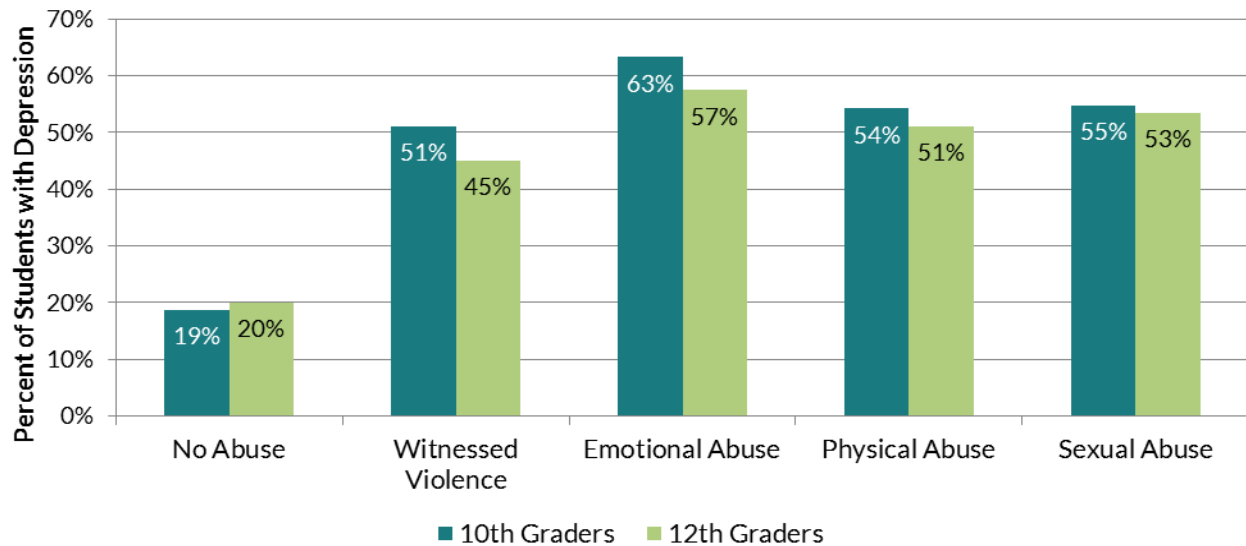
# Youth Mental Health

## Depression—Bullying and Abuse

Depression in the Past Year by Frequency of Bullying in the Past Month among Clark County Youth, 2016



Depression in the Past Year and Abuse among Clark County Youth, 2016



### Status:

- The more frequently youth experience bullying, the more likely they are to suffer from depression.
- Youth who have experienced violence or abuse are more likely to suffer from depression than youth who have not experienced violence or abuse.



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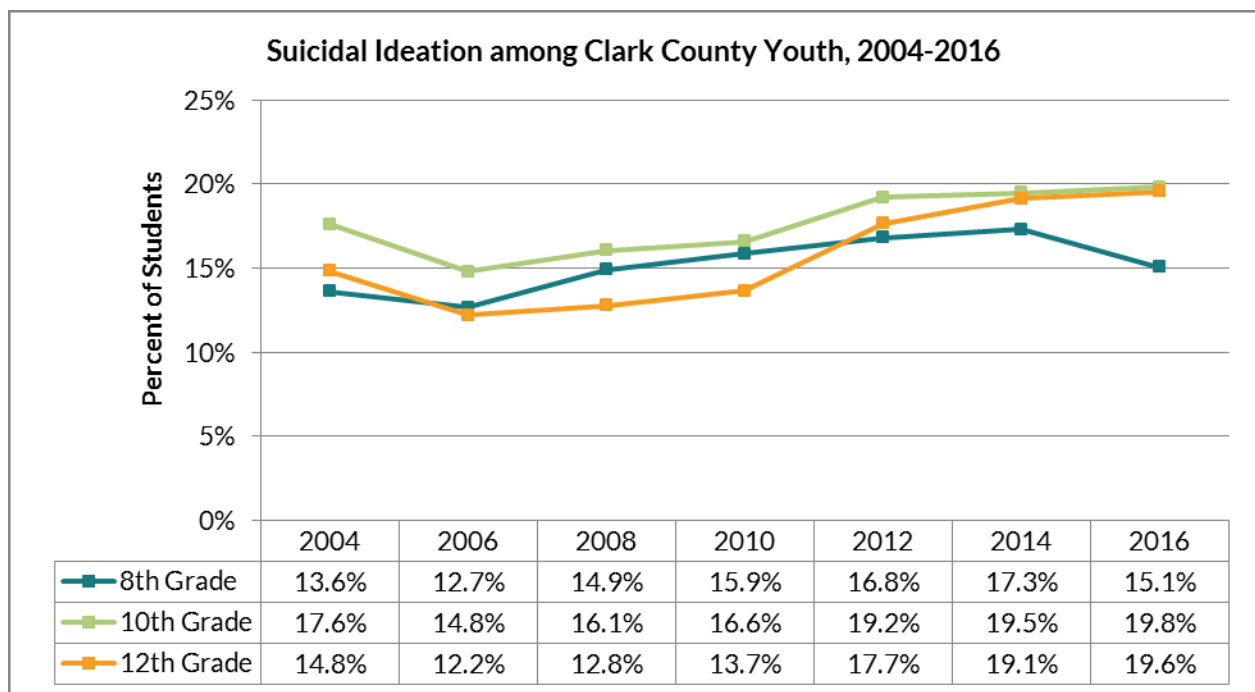
# Youth Mental Health

## Suicidal Ideation

### Suicidal Ideation

Thoughts of suicide can range in severity from a vague wish to be dead to a specific plan to end one's life. Nationwide, 17.7% of high school students reported seriously considering attempting suicide in 2015.<sup>1</sup> It is important to remember that suicide is never the result of one cause, rather a combination of risk factors coming together often in the context of stress and with access to lethal means.<sup>2</sup> There are many factors that can increase a teen's risk for suicide, including:<sup>3</sup>

- Mental illness (especially mood disorders, like depression)
- History of physical or sexual abuse
- Witnessing family violence
- Recent or serious loss (e.g. death, divorce)
- Substance use
- Lack of social support
- Stigma associated with asking for help
- Bullying
- Sexual orientation confusion
- Access to lethal means (e.g. firearms, pills)
- Family history of suicide.



In Clark County, 15% of 8th graders and 20% of 10th and 12th graders reported seriously considering attempting suicide in 2016. Suicidal ideation has increased among adolescent in the last decade, especially among older high school students.

<sup>1</sup>[Centers for Disease Control and Prevention](#)

<sup>2</sup>[National Alliance on Mental Illness](#)

<sup>3</sup>[American Psychiatric Association](#)



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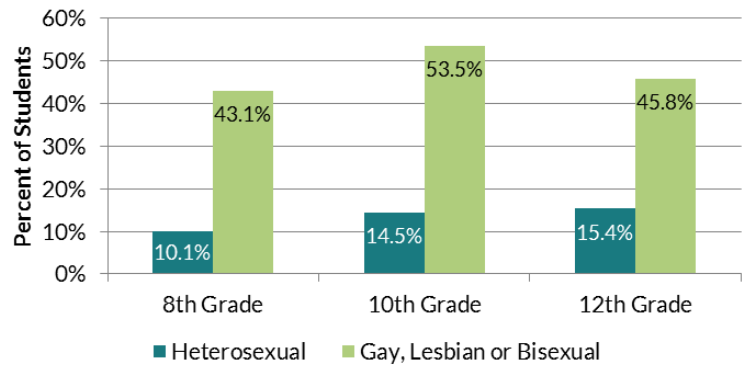
# Youth Mental Health

## Suicidal Ideation - Disparities

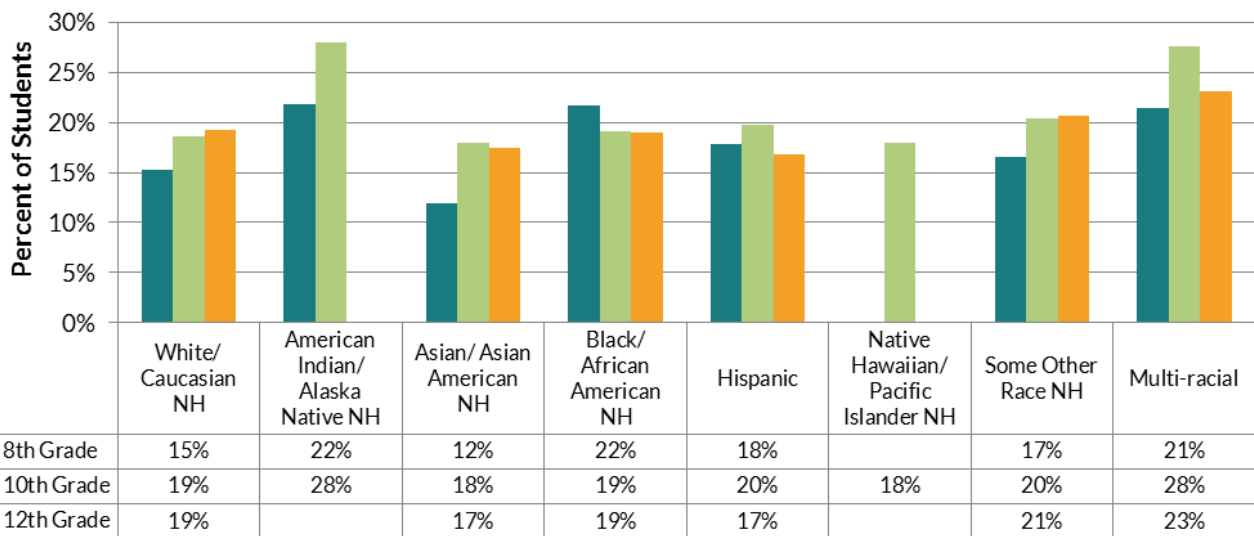
### Status:

- Gay, lesbian and bisexual students are significantly more likely to think about attempting suicide.
- Multi-racial and American Indian/Alaska Native 10th graders experience the highest rates of suicidal ideation.
- Girls are more likely to think about attempting suicide, although suicidal ideation among boys increases with age.

**Suicidal Ideation by Sexual Orientation among Clark County Youth, 2016**

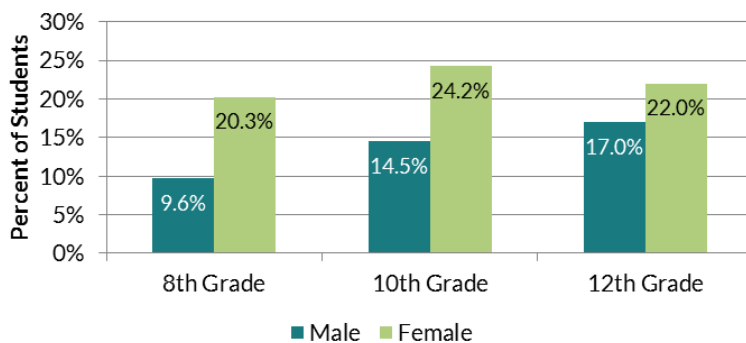


**Suicidal Ideation by Race/Ethnicity among Clark County Youth, 2014/2016**



Note: Blank cells represent data that has been suppressed because of a small sample size. NH = Non-Hispanic

**Suicidal Ideation by Gender among Clark County Youth, 2016**



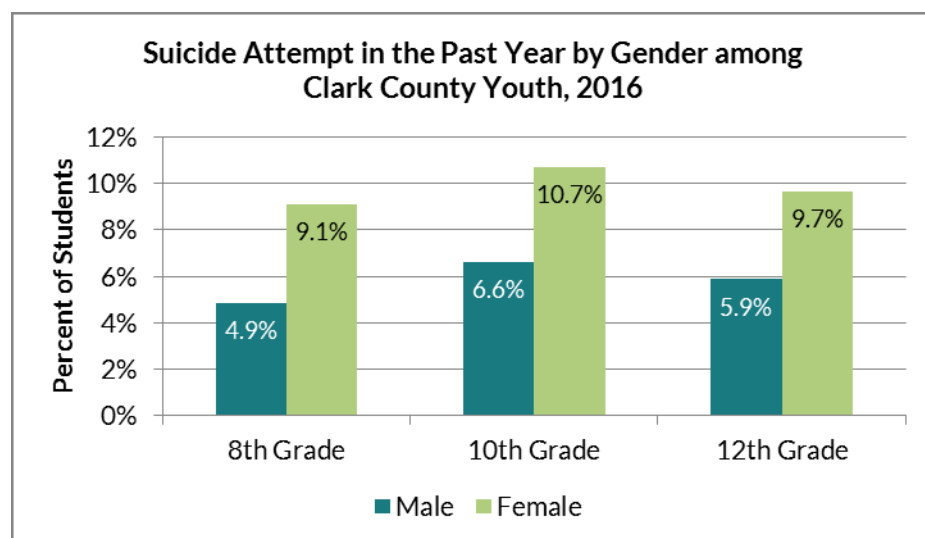
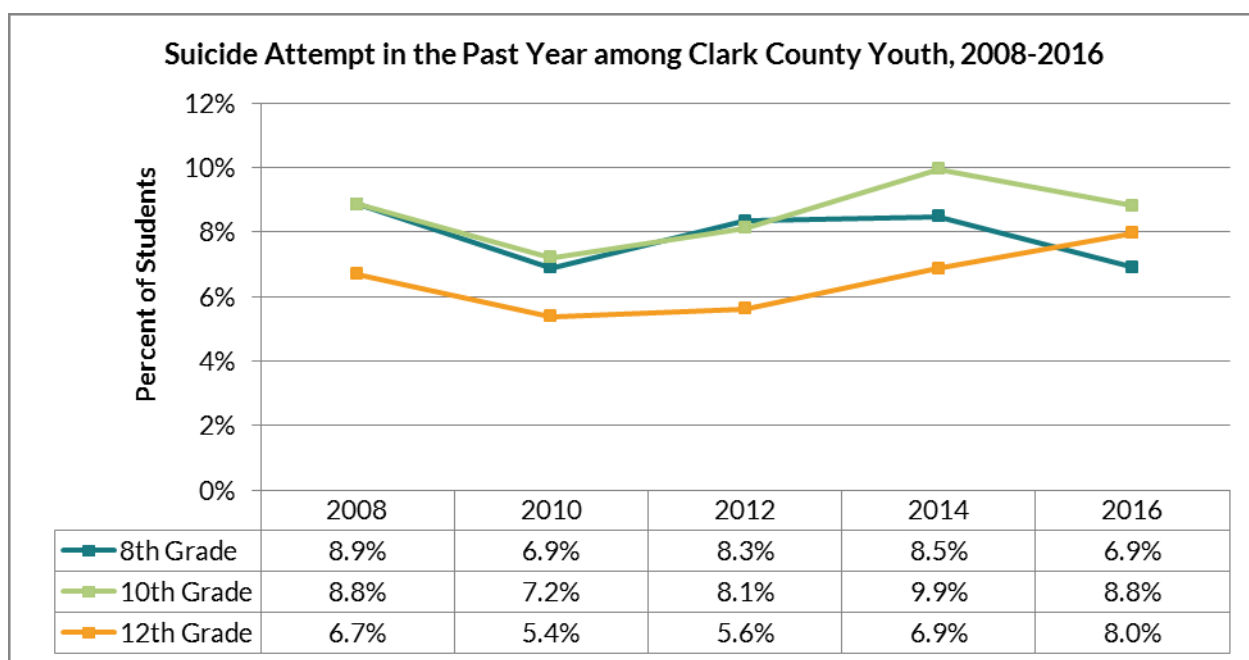
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# Youth Mental Health

## Suicide Attempt

### Status:

- In Clark County, 7% of 8th graders, 9% of 10th graders, and 8% of 12th graders reported attempting suicide at least once in the past year in 2016.
- Girls are more likely to attempt suicide than boys, However, boys are more likely to complete a suicide attempt than girls.



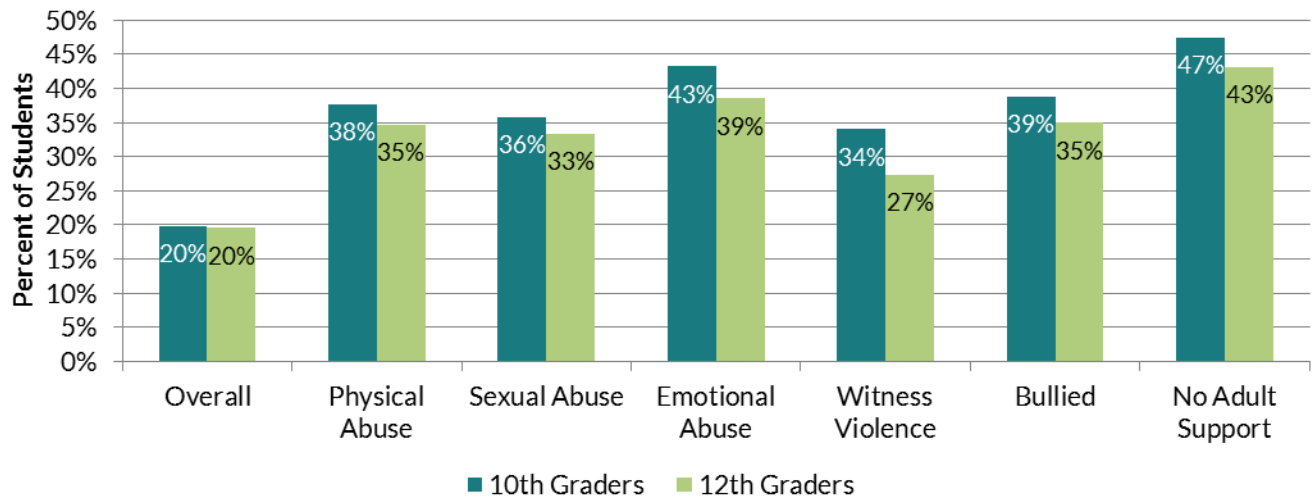
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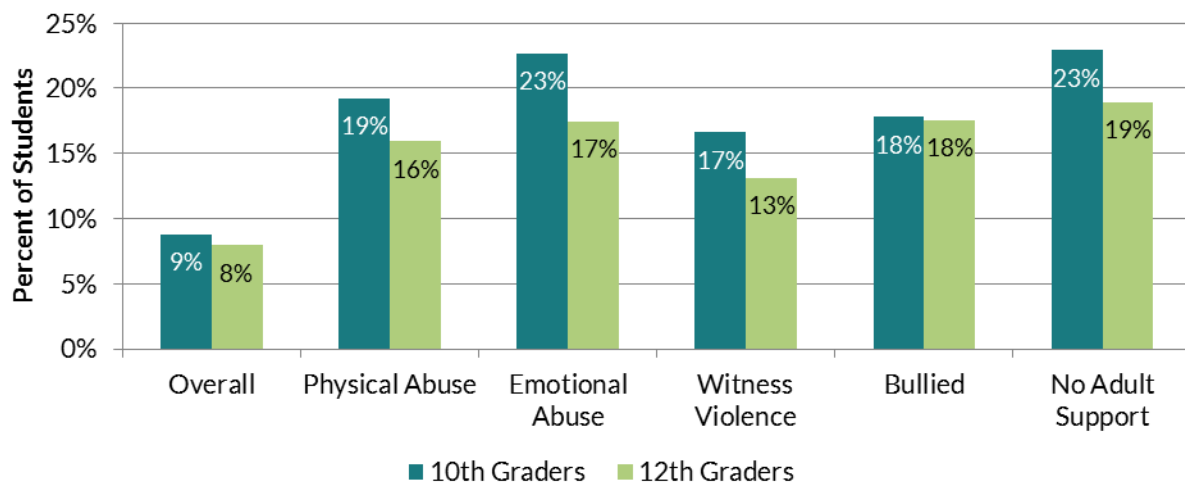
# Youth Mental Health

## Suicide Ideation and Attempt—Bullying and Abuse

Suicidal Ideation among Clark County Youth, 2016



Suicide Attempt in the Past Year among Clark County Youth, 2016



### Status:

- Clark County youth who experience abuse or violence, are bullied, or feel they lack adult support are more likely to seriously consider suicide or to attempt suicide.



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